

Reading Test 1

You are going to read part of an article about how to keep fit, happy and healthy. Seven sentences are incomplete. For gaps 1-7 choose the phrase (a-i) which best fits each gap. Only ONE answer is correct, and there are TWO phrases you DO NOT NEED to use.

How to stay fit, happy and healthy

If you've been listening to the news you already know about our national obesity levels rising by the day. It has never been more important _____ and to get an adequate amount of exercise and sleep to keep yourself fit and healthy. Though it may feel like really hard work at first, once you adopt an exercise routine and start _____, you'll forget you ever did things differently.

Here are just four of the top adjustments to make:

1. Get more sleep!

Sleep is huge and almost a third of the US population doesn't get near enough to staying physically and mentally healthy. If you are sleep deprived, try changing your habits in order _____

2. Strive for a better diet

Look at your diet and what you're eating now and make changes where you see fit. If you are susceptible to snacking, keep a piece of fruit or a few nuts at hand. The key is to eat small meals throughout the day. Reduce portion sizes, take out white bread and replace with whole grains and make sure each meal contains at least one portion of fruit and – or vegetables. Healthy food doesn't have _____, and you can get an abundance of low priced fruit and veggies, like apples, bananas, potatoes and peas.

3. Stop all those bad habits

Take a look at your current lifestyle and make a small list of everything you do that is not good for your health. This could be anything, from eating too much junk food

or drinking too much caffeine, to smoking or drinking. Start the process of breaking these habits one by one. Some will be easy, while others may take months or maybe years _____, but the sooner you start fighting, the better.

Some addictions (like smoking, drugs or alcohol) are incredibly bad not only to your health, but also to your pocketbook. If you smoke and – or drink, start by cutting back on how many drinks you have, or cigarettes you smoke, in a day, and if necessary, seek medical advice and assistance _____.

4. Exercise, exercise, exercise

We all should be doing at least 30 minutes of exercise, 3 to 4 or more times a week, _____. This can be pretty much anything that is physical, like walking, cycling, running, swimming to weightlifting, etc. This too does not have to be expensive, and you can get a great work out without joining any costly gyms. Most of these exercises are inexpensive, and just doing a cardiovascular exercise, like walking, jogging, or walking on a treadmill a few times a week will do your body (and heart) good.

A	to adapt to a new situation
B	to reduce your protein intake
C	to watch what you are eating
D	to change your sleep patterns
E	to be expensive in the least bit
F	to get a full eight hours every night
G	to maintain good health and keep fit
H	to make further steps towards stopping completely
I	to get rid of and eradicate completely from your life

Reading Test 2: Trans Fats

Do you know about the dangers of trans fats? Find out why health professionals want us to eliminate this type of fat from our diets in the reading practice exercise below. You can check your understanding by doing the [Trans Fats Comprehension Quiz](#).

Does your mouth water when you think of cookies, donuts, burgers and French fries? Many people prefer junk food like this to healthy food because they develop a taste for it. Processed, baked, and fried foods often contain a high amount of trans fats.

Trans fats raise bad cholesterol and lower the good cholesterol that your body needs. Fatty foods do more than cause obesity. Trans fats build up in the body and block blood flow to the heart. People whose diet contains a high percentage of trans fats are at risk of developing heart disease or having a stroke.

Trans fat is a semi-solid type of oil. It is made by adding hydrogen to liquid oil. Food companies and restaurants choose to use trans fat oils because they're cheap and they make food like crackers and baked goods last longer. They also improve the taste and texture of food. Trans fats became very popular in the second half of the 20th century. This is around the time butter got a bad name for its cholesterol levels. People were told to use margarine containing trans fats instead because it was "healthier", but we now know that butter is actually the healthier option.

Today doctors know how dangerous processed foods like margarine can be. In countries such as the US and Canada there are new government restrictions on food production. Food and beverage makers must attach a Nutrition Fact label to their products. These list daily recommendations and detail all the ingredients in a product, including trans fats if they're used. In 2007 New York City banned trans fats from all restaurants, and according to recent studies this has prevented hundreds of heart attacks and strokes. Even fast food chains such as *McDonalds* are being forced to change their recipes as people become more health-conscious. In Europe, food manufacturers have voluntarily started using labels that clearly show how healthy each product is according to a simple rating system.

We all need some fat in our diet. There are three different types of fats: saturated fats, unsaturated fats and trans fats. Doctors recommend that we get most of our fatty calories from unsaturated fats. Neither butter nor margarine fit this category, though other spreads like peanut butter do. Reading the list of ingredients on the

label is a good way of avoiding dangerous ingredients like trans fats. Another way is to avoid eating out, especially in fast food restaurants. Also, when shopping try to buy the majority of your food in the fresh-food section and limit the amount of processed and packaged food you buy. You might not think this is important if you're young, but the choices you make now will affect you for the rest of your life. The healthier your diet is now, the longer and healthier your life will be.

1. Potato chips and chocolate bars are examples of

- ☐ healthy food
- ☐ junk food
- ☐ fast food

2. According to the article, too much fatty food causes

- ☐ obesity
- ☐ trans fats
- ☐ mouth watering

3. Which of the following can have high levels of trans fats?

- ☐ fresh produce
- ☐ fried foods
- ☐ saturated fats

4. What do trans fats do to the body?

- ☐ raise good cholesterol
- ☐ lower good cholesterol
- ☐ lower bad cholesterol

5. Food companies and restaurants started using trans fats in order to save

- ☐ time
- ☐ lives
- ☐ money

6. Which would doctors now say is the healthiest?

- ☐ margarine
- ☐ butter
- ☐ peanut butter

7. What tip does the article give for avoiding trans fats?

- ☐ eat out in restaurants
- ☐ avoid tasty foods
- ☐ check the ingredients

8. Processed foods are nearly always _____ fresh or unprocessed foods.

- ☐ unhealthier than
- ☐ healthier than
- ☐ as healthy as

9. If the majority of people eat junk food, _____ eat it.

- ☐ half of them
- ☐ more than half
- ☐ less than half

10. A good diet _____ your chances of living a long and healthy life.

- ☐ has no effect on
- ☐ decreases
- ☐ increases